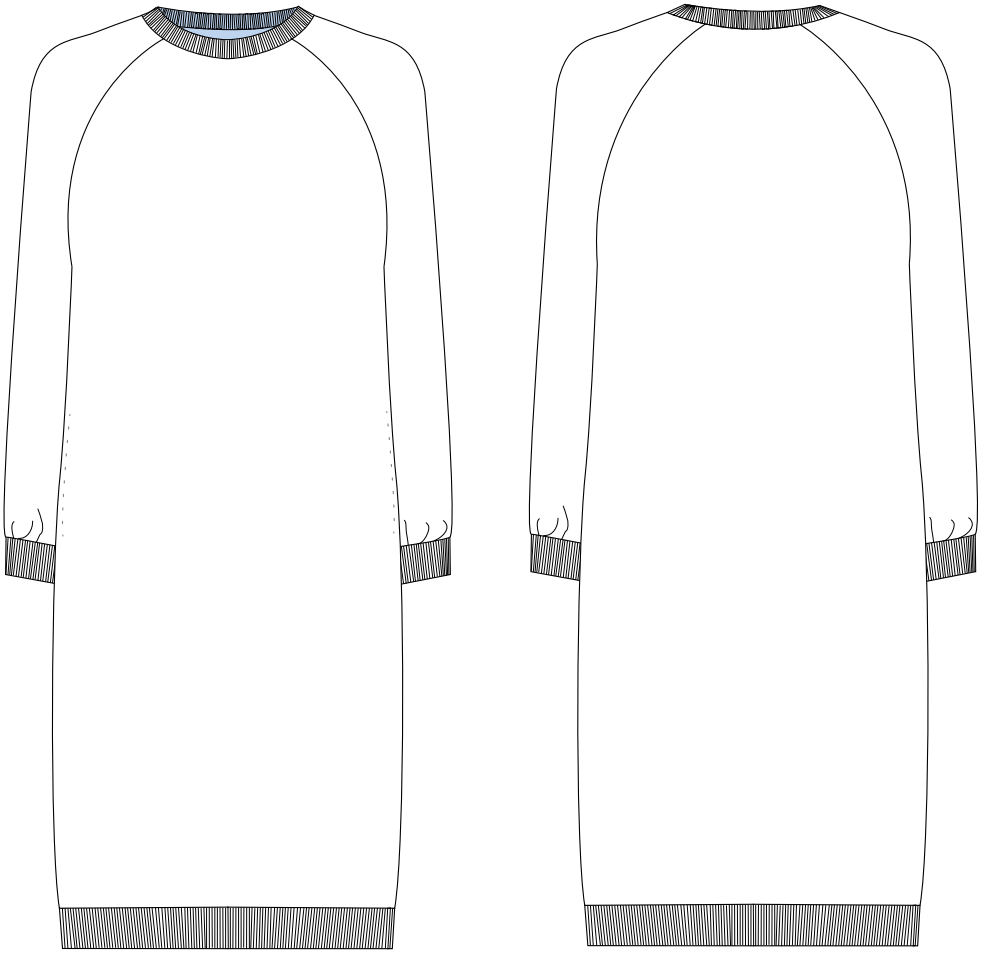
Peppermint MAGAZINE



JERSEY DRESS

SIZES 8 - 16 | BEGINNER

WOMENSWEAR + SEWING PATTERNS in the Folds HANDMADE IN SYDNEY

Pattern made exclusively for Peppermint Magazine by In the Folds

Our free Sewing School pattern is proudly supported by **Oekaki Renaissance from Toyota Home Sewing** - a revolutionary new sewing and free-motion embroidery machine designed to help you make beautiful things. 'Draw' your ideas directly onto fabric and create the designs of your dreams for quilting, textile arts, dressmaking, home furnishings and more.

TOYOTA

OEKAKI Renaissance

contents

Garment overview (details + suggested fabrics)	3
Preparation	3
Sizing + garment measurements	4
Printing + assembling the pattern	5
Printing plan	6
Sewing with knits	7
Fabric requirements + cutting plans	8
Instructions	9-13
Glossary	14

garment overview

GARMENT DETAILS

The jersey dress is a simple and modern sweater dress with a comfortable and relaxed fit. It features raglan sleeves and in-seam pockets, along with neck band, hem band and sleeve cuffs.

You can sew the dress with a standard sewing machine or an overlocker. More information on sewing with knits can be found on p. 7.

Through the creation of this garment you will gain confidence in:

- - sewing with knits
- - sewing straight seams
- - sewing curved seams
- - attaching ribbing
- - sewing in-seam pockets
-

FABRIC SUGGESTIONS

This dress is designed to be sewn with mid-weight knit fabrics with at least 20% stretch. For more details on how to check the stretch content of your fabric go to p. 7.

Consider using: French terry, sweater fleece or jersey.

Cuffs, hem band and neckline can be cut from ribbed fabric, or from your main fabric - depending on the look you would like to achieve.

preparation

PRINT THE PATTERN

Print the pattern according to the instructions (on p. 5).

GATHER SUPPLIES

Gather all the supplies and tools you will need: scissors, tape measure, pins and tailor's chalk.

PREPARE YOUR FABRIC

Wash and dry your fabric. Use the method you intend to use when washing your garment so your dress doesn't shrink after its first wash! Give your fabric a good press before cutting.

SIZE

This pattern is available in sizes 8 - 16. Take your measurements and use the sizing information (on p. 4) to select your size. This pattern is layered so that you can print just the size/s you need (see p. 5 for more information about how layers work).

sizing + garment measurements

BODY MEASUREMENTS

SIZE	BUST	WAIST	HIP
8	81cm (32in)	66cm (26in)	89cm (35in)
10	86cm (34in)	71cm (28in)	94cm (37in)
12	91cm (36in)	76cm (30in)	99cm (39in)
14	96cm (38in)	81cm (32in)	104cm (41in)
16	101cm (40in)	86cm (34in)	109cm (43in)

Taking your measurements:
If you are between sizes, use the finished measurements below to help you select your size. If your measurements range between several sizes, print the sizes your measurements lie between and grade between the sizes by drawing diagonal lines from one size to another. As this is a knit garment, it is very easy to make adjustments to the fit while you are making it.

FINISHED GARMENT MEASUREMENTS

SIZE	BUST	WAIST	HIP	LENGTH (from nape of neck)	SLEEVE LENGTH
8	95cm (37⅜in)	102cm (40 ¼ in)	106cm (41¾in)	98.5cm (38¾ in)	74cm (29⅛in)
10	100cm (39⅜in)	107cm (42 ¼ in)	111cm (43¾in)	99.5cm (39¼in)	75cm (29½in)
12	105cm (41¼in)	112cm (44in)	116cm (45¾in)	101.5cm (40in)	76cm (30in)
14	110cm (43¼in)	117cm (46in)	121cm (47½in)	102.5cm (40 ⅜ in)	77cm (30¼in)
16	115cm (45¼in)	122cm (48in)	126cm (49½in)	103.5cm (40¾in)	78cm (30 ¾ in)

printing + assembling the pattern

PAPER SIZE

This pattern can be printed on both A4 or US letter sized paper.

LAYERS

This pattern was designed with embedded layers. This means that you can select only the size/s you would like to print!

Layers make it much less confusing to cut out the pattern, and also saves on ink (and paper in some cases).

Open the pattern in Adobe Reader and click on the 'layers' option on the left hand side. There will be an eye next to each layer in the pattern. Turn off (by clicking) all the layers you do not need.

Remember to keep the 'PATTERN INFO' layer on for all sizes.

SCALING

Before printing the file, you need to check the scaling settings on your printer. You will need to print the pattern at its true scale. To do this, go into your print settings and select 'actual size' or set page scaling to 'none' or 'turn off page scaling.'

Print page 1 of the pattern only, and check that the large test square measures 5cm x 5cm, or the smaller one measures 1in x 1in. It really needs to be precise, so if it is not quite right, you will need to go back and check your printer settings again.

PRINT

When you have the scaling right, print the remainder of the pattern.

ASSEMBLE

Cut around the border of each page - one long side and one short side (keep your choice of sides consistent between pages). Align the circles so that 1A matches up to 1A, 2A with 2A etc, and tape or glue in place. Use the printing plan on p. 6 as a reference, if required.

CUT

Loosely cut around each pattern piece so that the pieces are easier to manage.

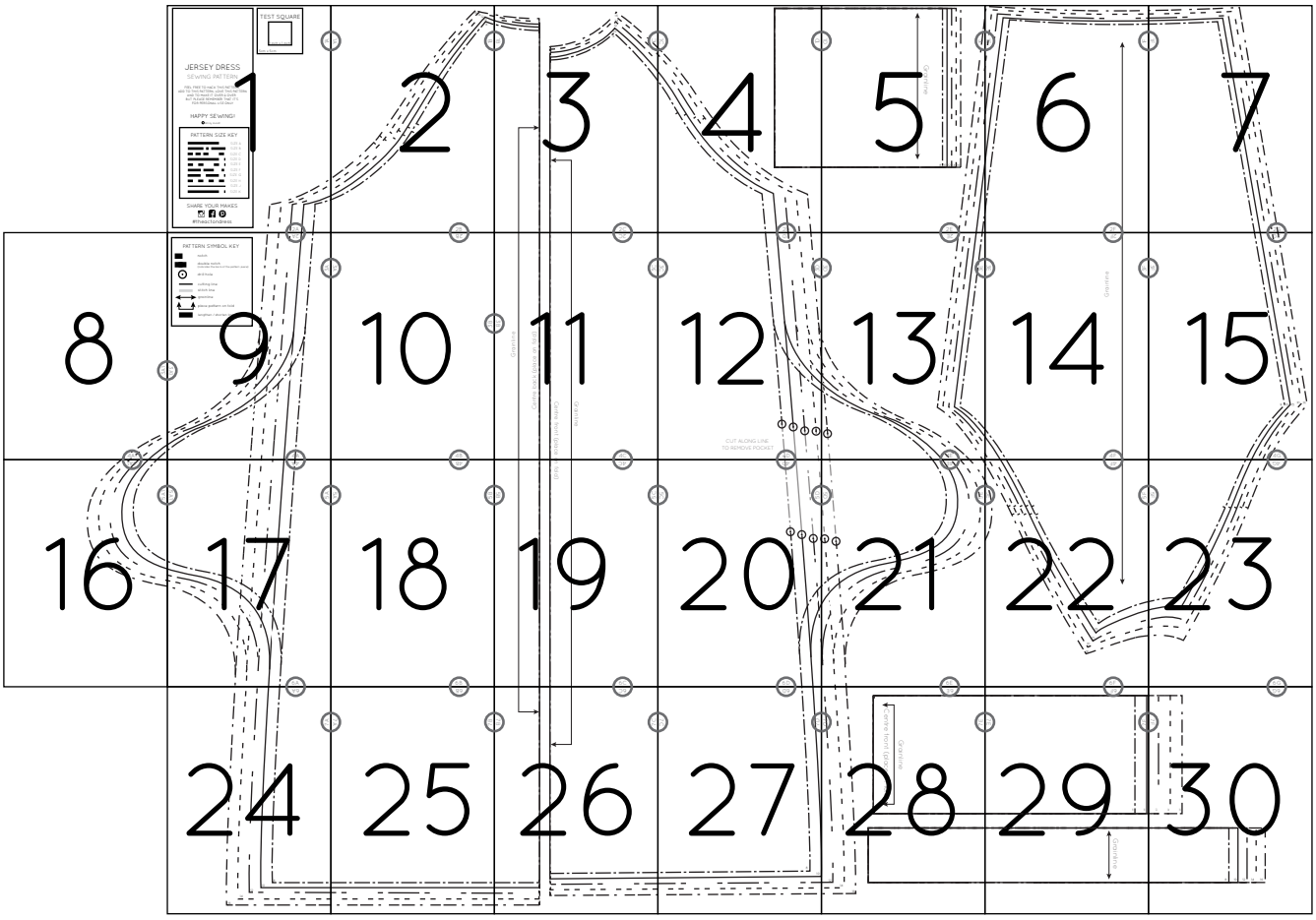
Look to p. 7 for details on cutting your fabric and sewing with knits.

ADJUSTMENTS

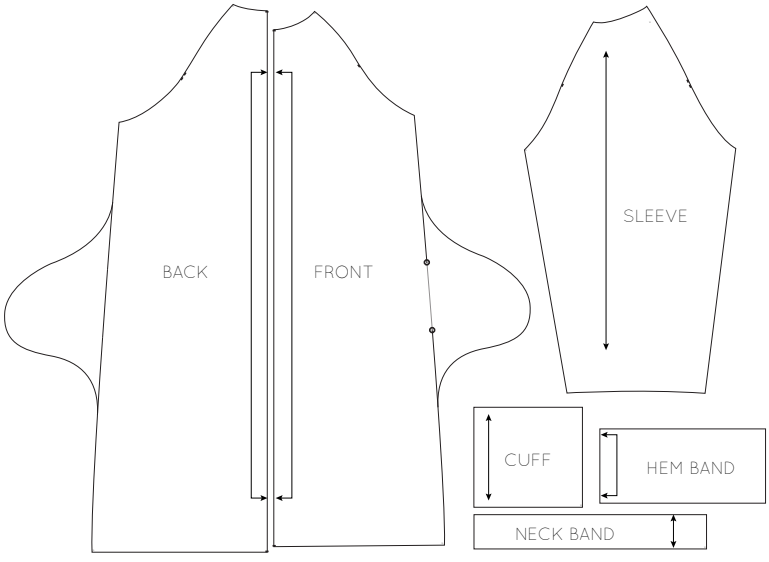
If you would prefer to make your dress without pockets, simply cut along the line between the pocket and body of the dress and follow the instructions as normal.

If you are sewing the dress with pockets, hold the front pattern piece up to your body and check that the pockets are positioned at a height you are comfortable with. If they need to be repositioned, cut along the line joining the pocket to the dress and move up or down. Move pocket by the same distance on the back pattern piece.

printing plan



PATTERN INVENTORY



Front - cut 1 on fold
Back - cut 1 on fold
Sleeve - cut 1 pair
Neck band - cut 1 (self or ribbing)
Hem band - cut 2 on fold (self or ribbing)
Sleeve cuff - cut 1 pair (self or ribbing)

SUPPLIES

- Length of main fabric (look to p. 8 for quantities
- Length of ribbing (if required)
- Coordinating thread/s

sewing with knits

This pattern has been designed to be used in conjunction with mid weight knits with at least 20% stretch.

TESTING STRETCH IN KNIT FABRICS

Cut a square from your fabric 10cm x 10cm avoiding the selvedge. With the stretch running from side-to-side, stretch your fabric as far as you can comfortably, being sure not to overstretch it, and measure. If the fabric stretches to 12cm (or more) it is suitable for this pattern.

CUTTING YOUR FABRIC

Take your pre-washed fabric and fold it in half lengthways, with right sides together. Bring the selvedges together and smooth out any wrinkles. By folding the fabric in half, you will be able to cut two pieces at the same time.

Take your pattern pieces and lay them on your fabric, with the grainline of each pattern piece running exactly parallel to the selvedge.

If a pattern asks for 'CUT 1 ON FOLD' - align the pattern piece with the fold of the fabric, so that you will be left with a full pattern piece once cut.

Use weights and pins to hold the pieces in place. Carefully cut out each piece. Be sure to transfer all pattern markings onto your fabric.

PATTERN MARKINGS

To mark a notch, snip into the fabric 3-4mm. Mark drill holes with tailors chalk or a single stitch in a contrasting thread (by hand).

USING AN OVERLOCKER

If you are using an overlocker (serger) to assemble your dress there is no need to sew your seams together with a sewing machine first. Stitch your seams with your overlocker, ensuring your stitch width is no larger than the 6mm (¼in) seam allowance.

USING A SEWING MACHINE

If you are using a standard sewing machine to make your dress, use a stretch stitch (available on some sewing machines) or a narrow zig zag stitch. This will ensure that your stitches don't break when the garment is stretched. Finish seams with a standard zig zag stitch if you like.

Use a ballpoint needle in your sewing machine and normal thread. If the fabric is stretching too much or is too bulky, consider lessening the foot pressure or using a walking foot.

FITTING

If you would like to check the fit of your dress, simply use a basting stitch (long stitch on your sewing machine) to assemble the dress and then check the fit. Make necesseray adjustments and then stitch together with your sewing machine or overlocker.

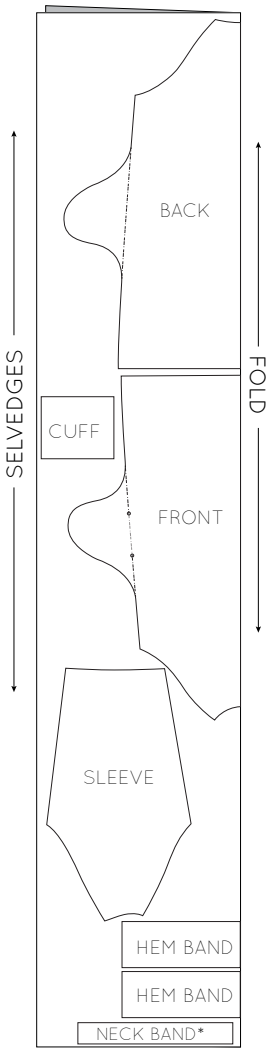
fabric requirements + suggested cutting plans

Below you can find the cutting plans for both 115cm (45in) and 150cm (60in) fabric.

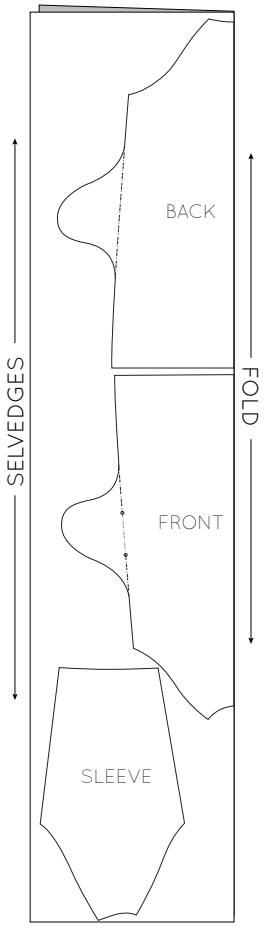
If you are using a directional print, be careful to cut the pattern piece so that the print is the right way up. If you are planning on matching prints, you may require more fabric than what is suggested.

Fabric requirements:

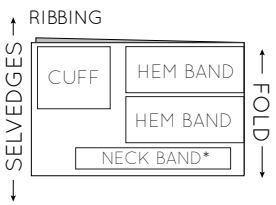
With self bands
3m x 115cm wide fabric
(3¼yards x 45in)



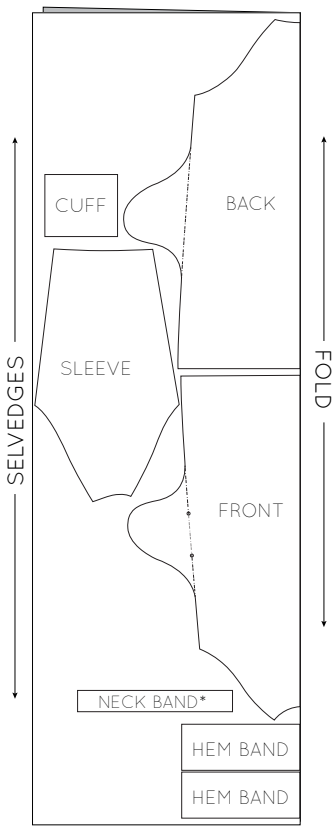
With ribbed bands
2.6m x 115cm wide fabric
(3yards x 45in)



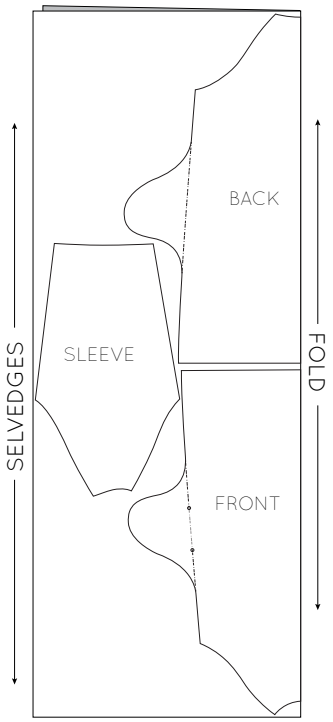
Ribbing requirements:
0.4m x 120cm wide fabric
(½yards x 48in)



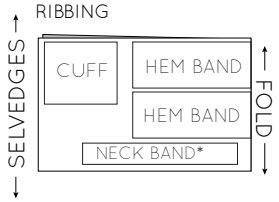
With self bands
2.3m x 150cm wide
(2½ yards x 60in)



With ribbed bands
2m x 150cm wide
(2¼ yards x 60in)



Ribbing requirements:
0.4m x 120cm wide fabric
(½yards x 48in)



TIP

Although cutting on the fold is the fastest way to cut your fabric, if you cut flat (fabric is not folded) and cut each piece independently, you will use a lot less fabric. If you use this method, when cutting a pair, be sure to cut one piece with the pattern face up, and then the other with the pattern face down.

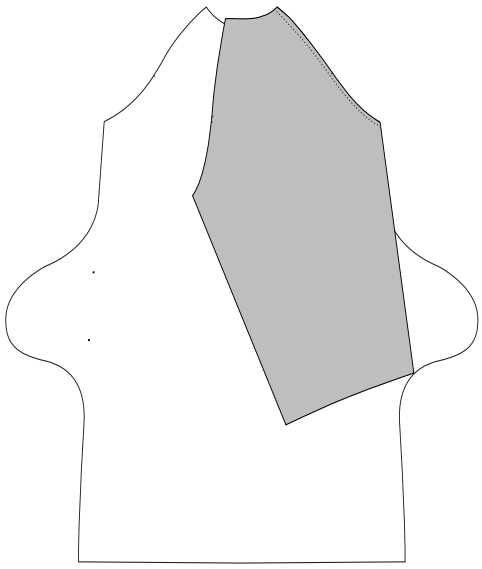
sewing time!

All seam allowances are 6mm (¼in)

Key:

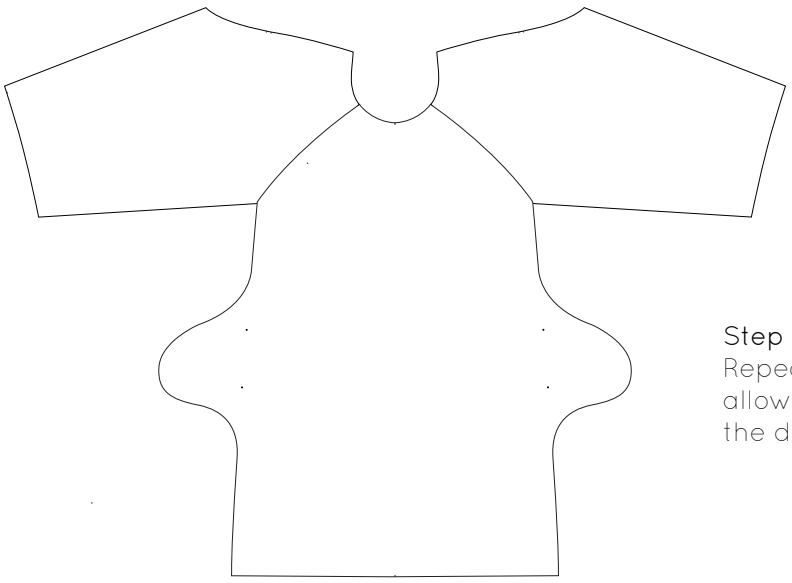
Right side

Wrong side

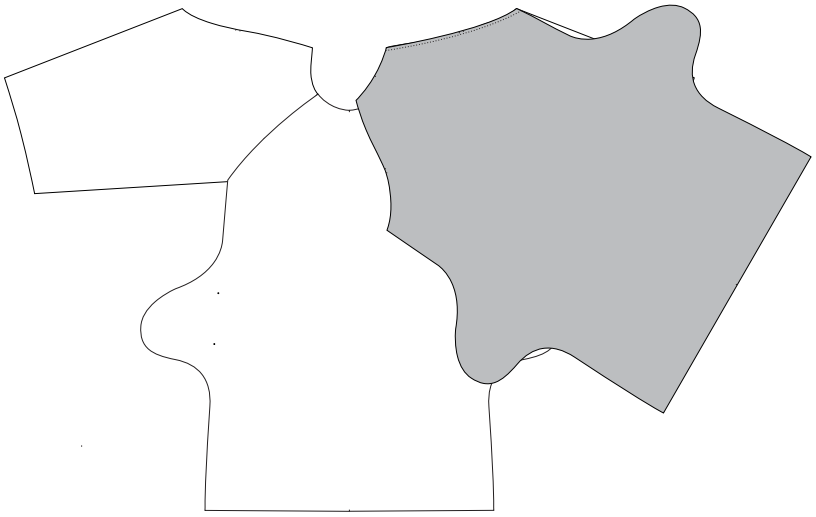


ATTACH THE SLEEVES

Step 1:
With right sides together, pin the front of the sleeve (marked by a single notch) to the front of the dress, using the notch as a guide. Stitch seam.



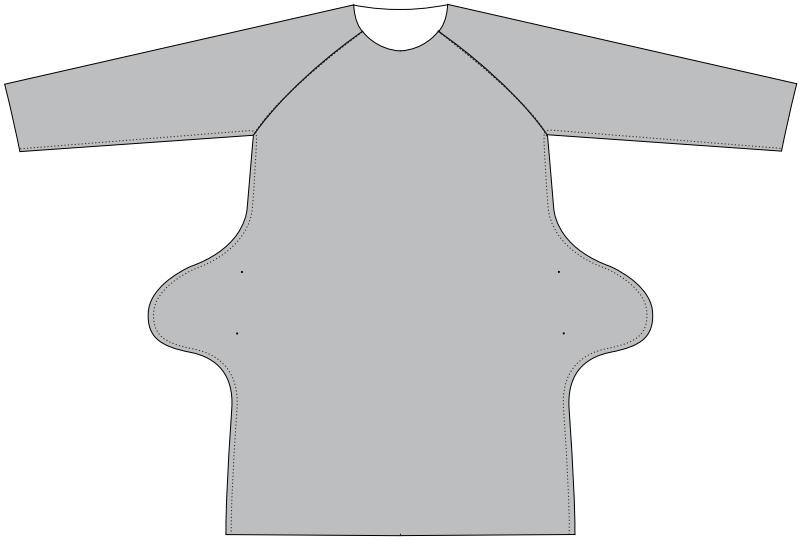
Step 2:
Repeat for the second sleeve. Press seam allowances down towards the body of the dress.



Step 3:
With right sides together, pin the back of the sleeve (marked by a double notch) to the back of the dress, using the notch as a guide. Stitch in place.

Repeat for the other side.

Press seam allowances down towards the body of the dress.

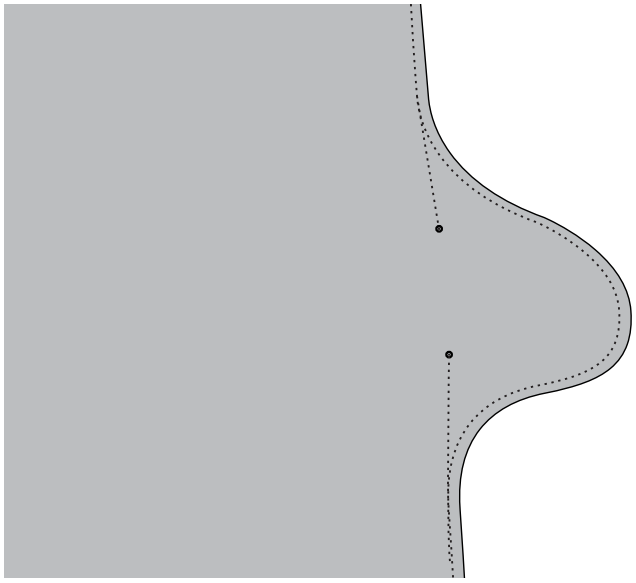


SEW THE SIDE SEAMS

Step 4:
With right sides together, pin the front of the dress to the back of the dress along the underseam of the sleeve and down the side seam. Stitch seam. If you are struggling to get around the curve of the pocket, put the needle down and lift the foot so that you can swivel the seam .

Repeat for the other side.

Press seam allowances towards the back of the dress.



REINFORCE THE POCKETS

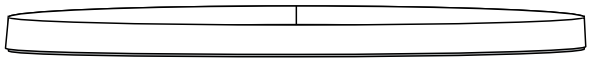
Step 5:
Take some tailor's chalk and a ruler. Draw a line from the drill hole towards the top of the pocket back up to the stitch line on the side seam. Repeat for the lower drill hole.

Repeat for the second pocket.

Using your sewing machine (with a narrow zig zag stitch or stretch stitch), stitch along each line, between the side seam and the drill hole. This will stabilise the pockets and ensure they stay on the inside of the dress.

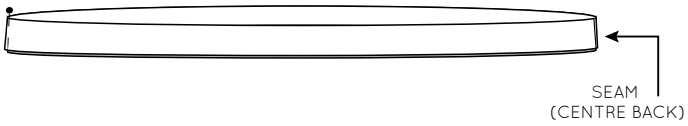
PREPARE THE NECK BAND

Step 6:
Take the neck band and fold in half with right sides together - matching the short ends. Stitch along the short end to create a circle. Press seam allowance to one side (or open if you are using a sewing machine).

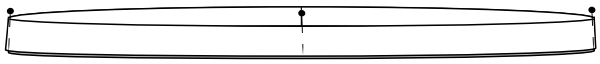


Step 7:
Fold the binding in half lengthways by bringing the raw edges together, with right sides out.

It is important that you attach the neck band evenly around the neck of the dress so that it sits flat. The best way to do this is to fold the neck band and neckline into quarters and then match up the corresponding points.

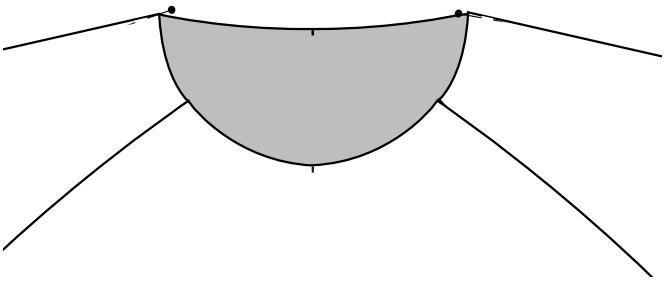


Step 8:
Fold the neck band in half, with the seam at one side. Place a pin (through both layers of fabric) in the opposite side. This pin indicates the centre front.



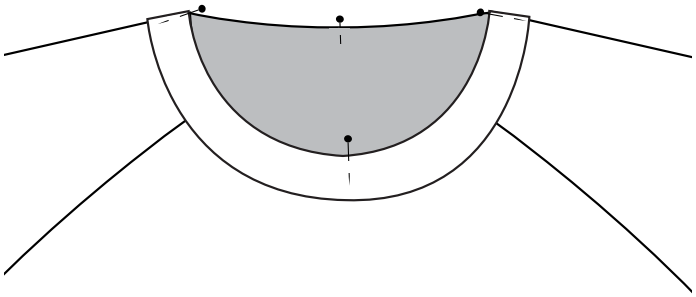
Step 9:
Fold the neck band in half the other way - bringing the centre front and centre back of the band together. Use a pin on each side to mark the half way point between the centre front and centre back. The neck band is now separated into quarters.

PREPARE THE NECKLINE

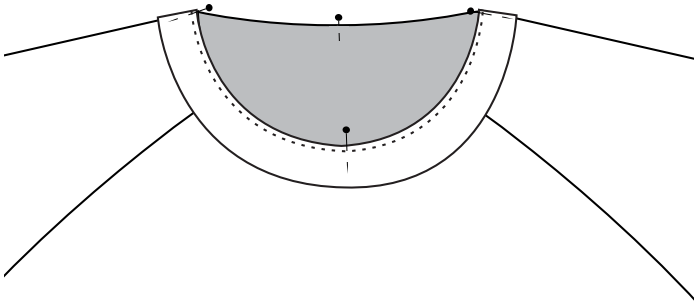


Step 10:
Repeat the process for the neck of the dress. The centre front and centre back are already marked for you with a notch. Fold the dress in half with the centre front and centre back touching and use a pin to mark the midpoints on each side.

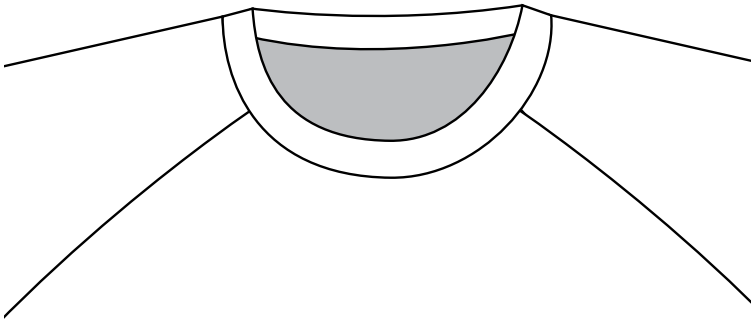
ATTACH THE NECK BAND



Step 11:
With the dress right side out, pin the neck band to the neckline - matching the raw edge of the band to raw edge of the neckline. Use the pins (and notches) to help you distribute the band evenly around the neckline. You will need to stretch the neckband to get the points to match up.



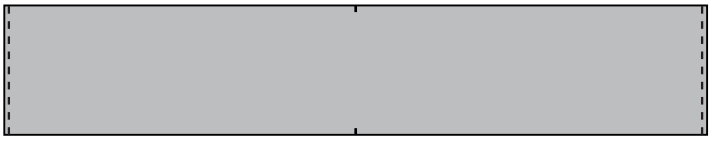
Step 12:
Stitch around the neckline to attach the neck band.



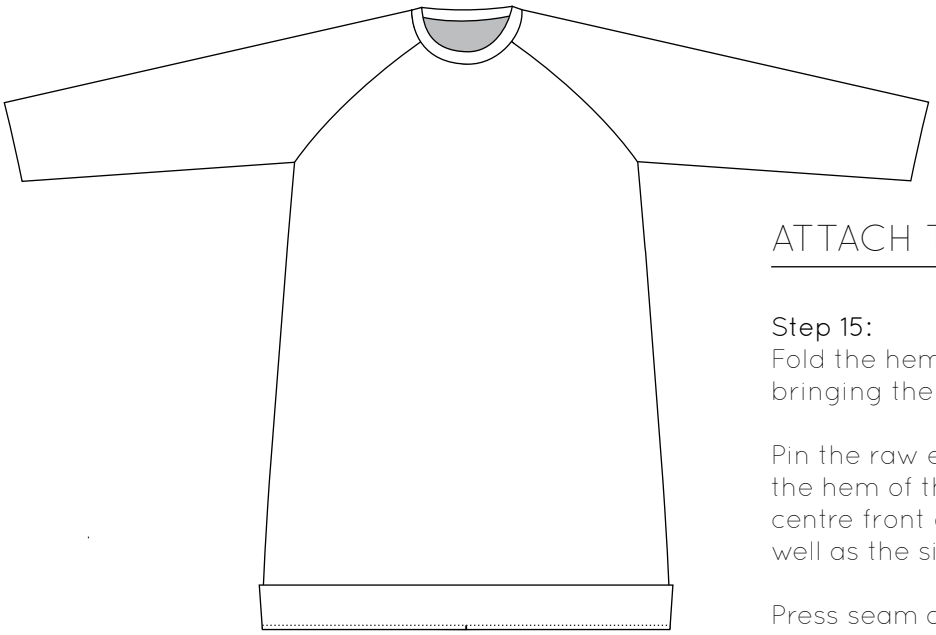
Step 13:
Press the seam allowance down towards the body of the dress.

If you would like to achieve a ready-to wear finish, consider stitching the seam allowance to the dress around the neck line with a machine stitch (or even twin needle).

ASSEMBLE THE HEM BAND



Step 14:
With right sides together, join the short ends of the two hem band pieces to create a circle. Press each seam to one side (or open if you are using a sewing machine).



ATTACH THE HEM BAND

Step 15:
Fold the hem band in half lengthways by bringing the raw edges together.

Pin the raw edges of the hem band to the hem of the dress, matching up the centre front and centre back notches as well as the side seams. Stitch in place.

Press seam allowance towards the body of the dress.

ATTACH THE CUFFS

Step 16:
Assemble the cuffs in the same way that you assembled the neck band (steps 6 and 7).

Attach each cuff to each sleeve, matching up the seam line on the sleeve with the cuff seam.

Press seam allowance towards the sleeve.

Give your dress a good press, and you're done!

glossary

BASTE - Sew temporary stitches to hold pieces in place before sewing permanently. Basting can be done by hand or machine (on a long stitch length). Consider using a contrast thread when basting to make stitches easier to remove later.

CLIP - Snip into the seam allowance (perpendicular to the raw edge) getting close to the stitch line, to help open up curved seams or corners.

CONTRAST - A secondary fabric that is used in conjunction with the main fabric of a garment.

DRILL HOLE - A single point marked on a pattern that cannot be marked with a notch. For example, dart point or pocket position markings.

FINISH - Neaten the raw edges of your project using an overlocker, zigzag stitch or binding.

INTERFACING - A (normally) fusible fabric that is used to stiffen fabric, in certain parts of a garment. It is often used in collars, cuffs and button plackets.

NOTCH - A notch is a small cut in the fabric that helps guide you while you are sewing. Notches are used to indicate seam allowance, dart arms, the location of design details or indicate key points on the pattern (like the centre front or centre back). Notches are also used to indicate balance points (points on your pattern that help you sew the right pieces together, as well as help you when you are sewing long or curved seams).

PRESS - Use a hot iron to press seams flat, using steam (if appropriate for your fabric).

RIGHT SIDE / WRONG SIDE - The right side of the fabric is the side you would like to see on the outside of the finished garment, while the wrong side is the side that will be hidden inside the garment.

SEAM ALLOWANCE - The space between the stitching line and the raw edge of the fabric.

SELF - The main fabric used in your garment.

TRIM - Cut back a seam allowance to make it easier to manage or less bulky.

UNDERSTITCH - Stitch the seam allowance to a facing or binding, close to the seam edge. This helps the facing roll to the inside of the garment, preventing it from being seen on the outside of a garment.

Woohoo, you have finished your dress!

We'd love to see what you made!
Find us on Instagram @peppermintmagazine and @inthefolds
and tag your new dress with #peppermintsewingschool

Love the pattern?
Plenty more patterns can be found at
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+
www.inthefolds.com

Pattern is for individual use only
You can make the garment for yourself or as a gift. It does not entitle you to print, copy or distribute the pattern to others, whether you profit from it or not, nor to sell garments that you have made from this sewing pattern.

Thank you for respecting the rights of the designer.

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Our free Sewing School pattern is proudly supported by **Oekaki Renaissance from Toyota Home Sewing** - a revolutionary new sewing and free-motion embroidery machine designed to help you make beautiful things. 'Draw' your ideas directly onto fabric and create the designs of your dreams for quilting, textile arts, dressmaking, home furnishings and more.

TOYOTA

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